

**Hydro**  
**Sport**<sup>™</sup>  
*Aquatic Fitness Gear*

**Owner's  
Manual**



**Installation  
Guide**



**DIMENSION ONE SPAS**  
*Aquatic Fitness Systems*

HydroSport™

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# Hydro Sport™

Aquatic Fitness Gear



# Swim System



DIMENSION ONE SPAS®  
AQUATIC FITNESS SYSTEMS

HydroSport™

## HydroSport™ Swim System

### Important Safety Instructions

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**READ, UNDERSTAND** and **FOLLOW** all safety precautions of your **Aquatic Fitness System** prior to beginning any exercise regimen in your **Aquatic Fitness System**.

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**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

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Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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Ease into the water – **DO NOT DIVE, JUMP, OR PUSH OFF WALL WITH FORCE.** Diving, jumping, or pushing off the wall of an **Aquatic Fitness System** may result in permanent injury or death.

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The Swim Tether is a swim aid and not a safety device. Unsupervised use of this product could result in serious injury or death.

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An experienced adult swimmer should always accompany inexperienced swimmers, non-swimmers, and children.

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Never let children play with the Swim Tether Cord. They could get the cord wrapped around their neck and suffocate.

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Do not allow your Tensor Cords to remain in direct sunlight for extended periods of time. Exposure to direct sunlight for extended periods of time can cause the Tensor Cords to deteriorate. Deteriorated, or damaged, Tensor Cords could break and cause injury if the break should occur during use.

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Be sure to examine your Tensor Cords for damage or deterioration prior to each use.

Do not use damaged or deteriorated Tensor Cords.

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As with swimming everywhere, swimming in your **Aquatic Fitness System** requires you to practice standard swimming safety precautions. Because your **Aquatic Fitness System** provides the features of a lap pool, track, circuit training station, rowing machine, and home hydrotherapy spa, it is necessary that you be aware of a diverse range of safety and health precautions.

## Using the Swim Tether

The **HydroSport™** Swim Tether system is included with each **Aquatic Fitness System**. It allows you to conduct a full swimming exercise program – while swimming in place.

The Swim Tether system includes a 7-foot Swim Tether Pole, an adjustable Swim Tether Belt, and 7 feet of Swim Cord.



The Swim Tether Belt is easily snapped into place around your waist using a “quick-release” buckle. There is also a slide-adjustment on the back to allow you to adjust the belt to your comfort position.



Never let children play with the Swim Tether Cord. They could get the cord wrapped around their neck and suffocate.

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The Swim Tether is a swim aid and not a safety device. Unsupervised use of this product could result in serious injury or death.

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Do NOT adjust the belt too tightly! If the belt is too tight it might not release in the event of an emergency.

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## HydroSport™

For your convenience, a Swim Tether mount is located at each end of the **Aquatic Fitness System's** swimming area. Simply place the Swim Tether Pole securely in the mount, strap on the adjustable Swim Tether Belt, adjust the Swim Cord length, and *ease* into the water.



Ease into the water – **DO NOT DIVE, JUMP, OR PUSH OFF WALL WITH FORCE.** Diving, jumping, or pushing off the wall of an **Aquatic Fitness System** may result in permanent injury or death.

## HydroSport™

As you swim, the Swim Tether Pole applies resistance and holds you back. The harder you swim, the more resistance is applied. If you decide to change swimming strokes, such as the backstroke or sidestroke, be sure to reposition the Swim Tether Belt before you start using the new swim stroke.



Because the Swim Tether Pole is flexible and applies resistance to your swimming exercises, it also helps support you. The result of “holding you back” is also “holding you up.” This feature will help hold you near the surface while you “perfect your swimming stroke.”



The Swim Tether is a swim aid and not a safety device. Unsupervised use of this product could result in serious injury or death.



An experienced adult swimmer should always accompany inexperienced swimmers, non-swimmers, and children.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

## Using the Swim Kick Bar

The **HydroSport™** Swim Kick Bar is installed as a standard feature for your swimming and exercise pleasure on the AquaFit™ Dual Temp and AquaPro™ series of **Aquatic Fitness Systems**. It is located at the end opposite the steps.

AquaFit™ Dual Temp



AquaPro™



## HydroSport™

You can use the Swim Kick Bar in much the same fashion as you would use the edge of your swimming pool or a paddleboard. Turning on the Swim Jets will alter the exercise dynamics.



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Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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## HydroSport™

The Swim Kick Bar is also useful for maintaining balance when doing low-impact, or other, exercises.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

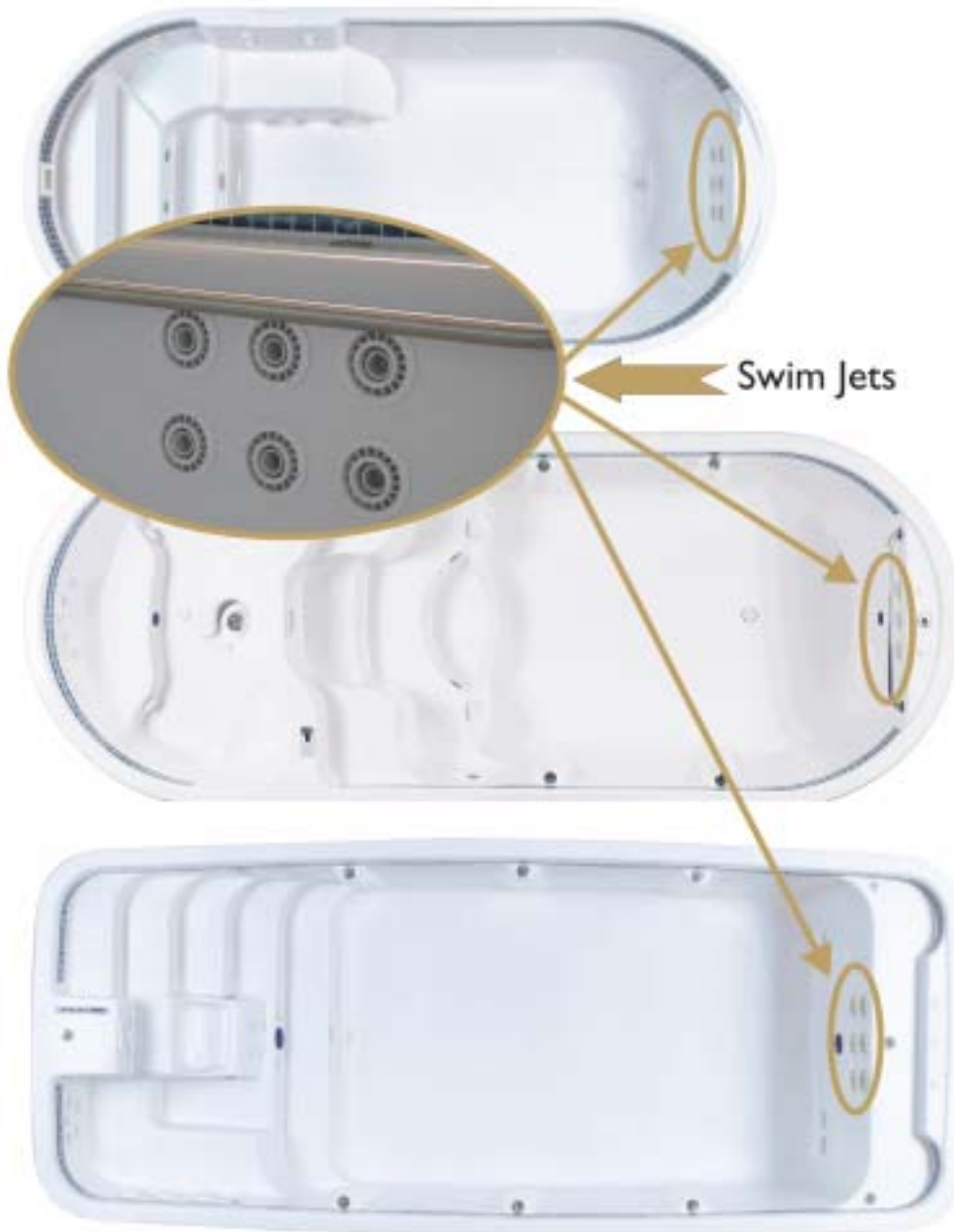


Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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## Using the Swim Jets

A totally different swimming dynamic is achieved by using the high volume Swim Jets located at the end opposite the steps.



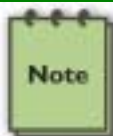
To achieve a sustained swimming exercise routine that will improve your fitness and endurance, you can adjust the Swim Jets to achieve a pace that is right for you.

## HydroSport™

To use the Swim Jets properly, you should pick out a location along the side, or bottom, to use as a “focus point.” Next, visualize a “box” resting on the top of the water with the front end of the “box” located about 6” to 12” inches from your focus point. Then pace yourself to swim within the “box.”



The trick is to pace yourself for “endurance” and to remain “in the box” for an extended period of time (i.e. 5-20 minutes). Don’t try to “race to the end” or to “out-swim” the Swim Jets.



### Note

Use the Swim Tether if *speed* is your exercise goal. The Swim Tether will allow you to swim as fast as you want and still remain in one location.

These special high volume jets can be controlled to customize your exercise requirements. You can change the volume of water, or the air and water mixture, flowing through the Swim Jets to maximize the dynamics for your exercise routine, or simply for your swimming pleasure.

Details on how to control the high volume pumps, select how many pumps you want to use, or how much air you want mixed with the water is described in the following sections.



### Note

If you are using the Swim Tether, or the Swim Kick Bar, turning on the Swim Jets can add additional exercise dynamics.

## HydroSport™

### Activating the Jets

The **Aquatic Fitness Systems** have three separate pumps to provide high volume water flow. Pump 1 is a dual-speed pump that provides high volume water flow to either the Swim Jets or the HydroTherapy Jets, depending on the position of the Diverter Valve. Pumps 2 and 3 are single speed pumps that provide high volume water flow directly to the Swim Jets.

Pressing the Pump1 button starts Pump 1 with a low volume flow. Pressing it again will increase the water volume to high. A third press will turn Pump 1 OFF. Pressing the button for Pumps 2 and 3 will either turn the pumps ON or OFF.

For more details on pump operations, or other buttons on the Top Side Control Switch, please consult your **Aquatic Fitness Systems** Owner's Manual.



### Using the Diverter Valve

The Diverter Valve controls water movement for Pump 1. It is located near the steps, at the rear of the **Aquatic Fitness Systems**. When Pump 1 is ON, the water flow can be adjusted toward either the HydroTherapy Jets or to the Swim Jets, depending on the position of the Diverter Valve.



Turning the Diverter Valve “clockwise” starts the water flowing toward the HydroTherapy Jets or the Swim Jets – depending on which model you have. When the valve is fully turned, all the water will flow in that direction. Turn the Diverter Valve “counter-clockwise” to reverse the direction.



The AquaFit™ Dual Temp does not have a Diverter Valve because the HydroTherapy Jets in the Spa have their own separate motor.

HydroSport™

**Adjusting Air Flow**

In addition to controlling the amount of high volume water that is directed to the Swim Jets, you can also control how much air is added to the water. There are two Air Selector Switches located at the front of each **Aquatic Fitness System**. One controls the upper row of Swim Jets and the other one controls the lower row. The window in the Air Selector tells you how much air is being mixed with the water.



By controlling the amount of air to be mixed with the water moving through the Swim Jets, you can create a wide array of dynamics for your exercise programs or simple swimming pleasure.

## HydroSport™

In addition, you may also change the angle of the water flow to alter the dynamics slightly. The volume of the water flow is controlled by how many pumps you have working and how much air has been added to the water flow.



An experienced adult swimmer should always accompany inexperienced swimmers, non-swimmers, and children.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.



Feature

The design specifications for the lower row of Swim Jets includes a slight angle upward to aid buoyancy, in addition to increasing resistance, during your exercises

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HydroSport™

HydroSport™



# Rowing System



DIMENSION ONE SPAS®  
 AQUATIC FITNESS SYSTEMS

HydroSport™

# HydroSport™ Rowing System

## Important Safety Instructions

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**READ, UNDERSTAND** and **FOLLOW** all safety precautions of your **Aquatic Fitness System** prior to beginning any exercise regimen in your **Aquatic Fitness System**.

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**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

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Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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Do not make the **HydroSport™** Ankle/Wrist Cuff too tight, as it could interfere with your ability for an emergency “quick-release”, or adversely impact on your exercise routine.

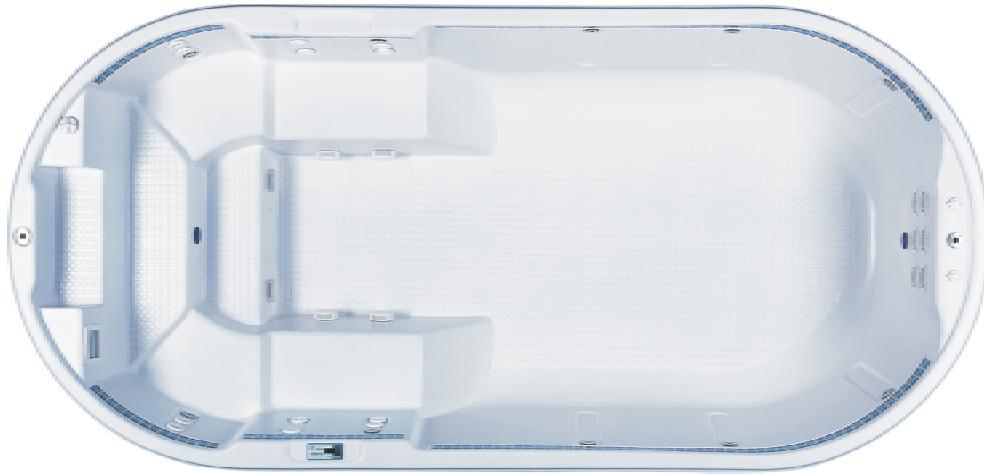
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## *HydroSport™ Rowing System Features*

The *HydroSport™* Exercise Gear is a high quality fitness training and exercise system for water-based use. It is designed specifically for use with the following Aquatic Fitness Systems.



## *AquaFit™*



## *AquaPro™*





## HydroSport™

The **HydroSport™ Rowing System** provides exercise gear that connects to OptiMount™ locations in **Aquatic Fitness Systems** to allow you to work on your upper body and arms with simple rowing exercises.

In addition to rowing exercises, the **HydroSport™ Rowing System** contains exercise gear that can be connected to different locations so you can complete a wide variety of different exercises. The versatile **HydroSport™** gear is all you need for a multitude of aquacizing options.

### HydroSport™ Rowing System Component List

Name	Part #	Qty
<b>HydroSport Exercise/ Rowing System :</b>	01512-3035	
HydroSport Body Belt	01512-3020	1
HydroSport Ankle Cuffs	01512-3021	1
HydroSport "D" Handles	01512-3022	1
HydroSport Bar Straps	01512-3023	1
HydroSport Exercise Equipment Bag	01512-3024	1
HydroSport 18" Tensor Cords (Blue)	01512-3026	2
HydroSport 24" Tensor Cords (Yellow)	01512-3027	2
HydroSport 30" Tensor Cords (Red)	01512-3028	2
HydroSport 36" Tensor Cords (Black)	01512-3030	2
OptiMount™ Butterfly Top	01512-3004	4
HydroSport Goggles	01512-3015	1
38" 2- "D" Loop Rower w/Threaded Rod	01512-3017	1

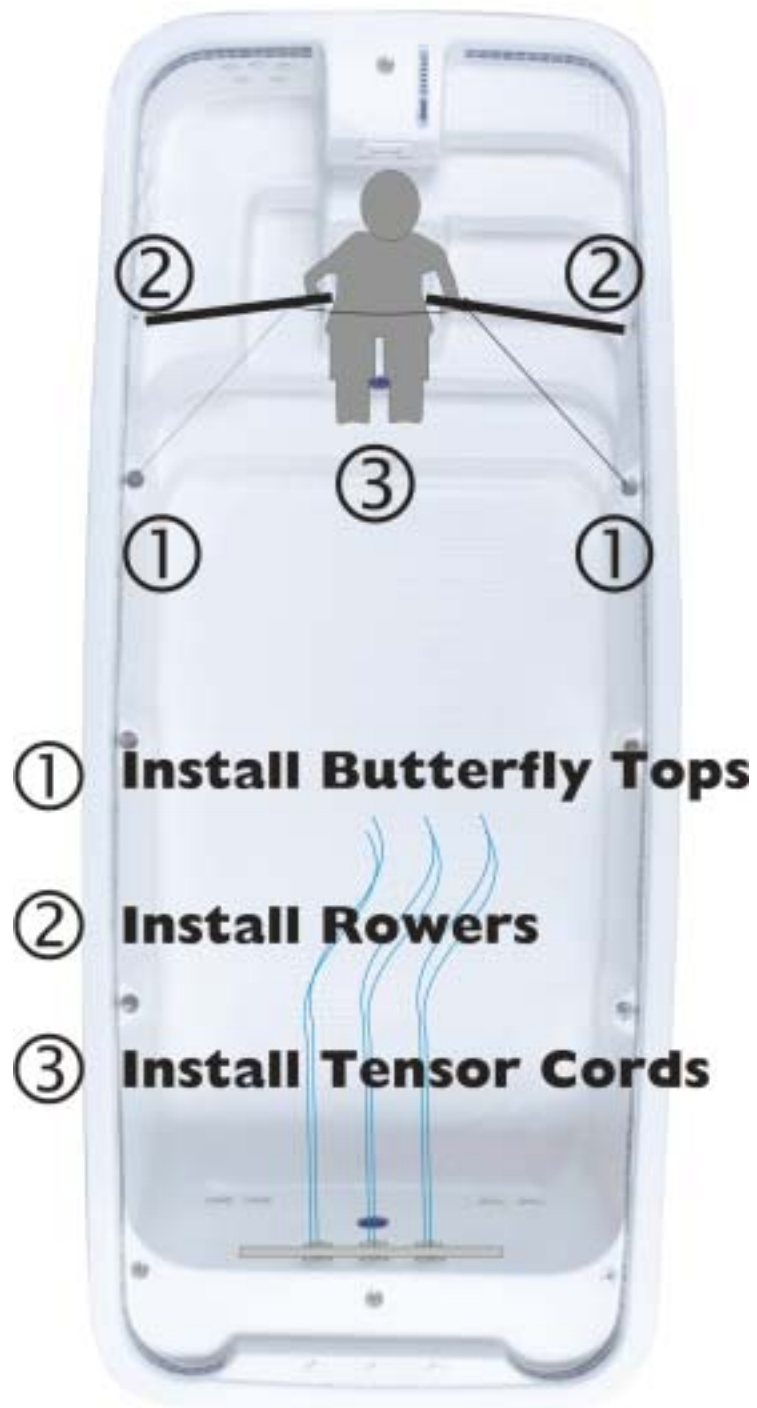
### Optional HydroSport™ Exercise Gear

- Aquatic Exercise Bars
- Aquatic Fitness Bar

## Installing the Rowing System

### Easy as 1-2-3

The *HydroSport™* Rowing System can be installed in three simple steps.



## HydroSport™

①



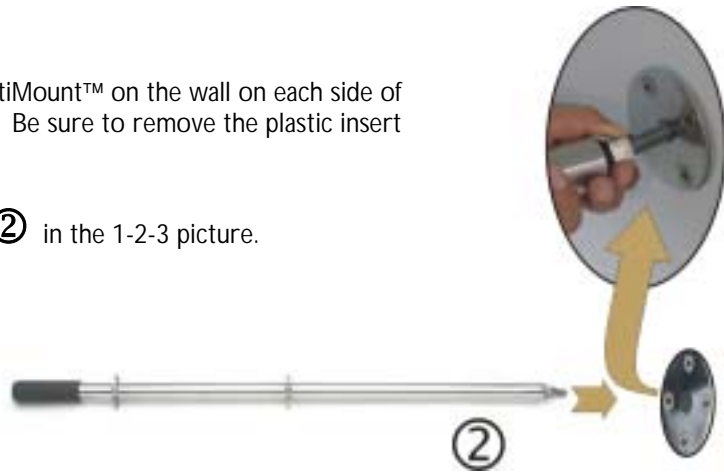
Screw a Butterfly Top into the OptiMount™ located on the upper wall adjacent to the rowing seat or area. Be sure to remove the plastic insert from the OptiMount™ center.

Use the OptiMounts identified by a ① in the 1-2-3 picture.

②

Simply screw each rower into an OptiMount™ on the wall on each side of the rowing seat as previously shown. Be sure to remove the plastic insert from the center of the OptiMount™.

Use the OptiMounts identified by a ② in the 1-2-3 picture.



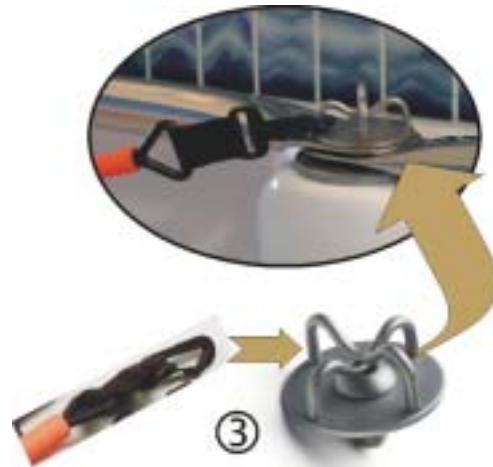
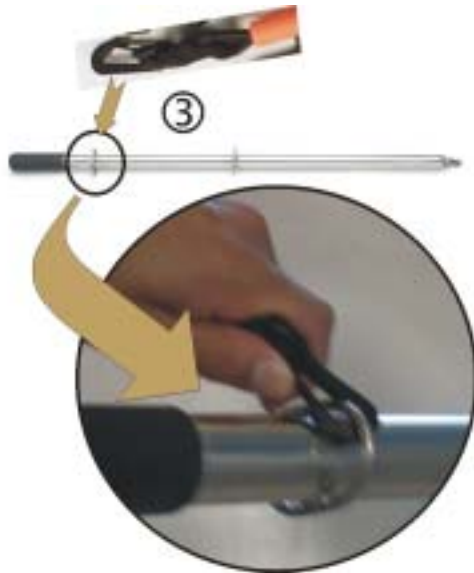
A good guide for measuring the correct installation of the rowers is to ensure that you first screw the rower into the OptiMount until it is almost snug, then back off ½ turn. Next continue to back it off *slightly* until the rings on the rower are horizontal.

## HydroSport™

③

Choose a Tensor Cord for your rowing exercise and snap a clip from one end to the Butterfly Top.

Red Tensor Cords are recommended as a starting point. You can change sizes once you determine your resistance needs.



Next, snap the other end to the rower, as indicated. When connected, they will appear joined as shown by

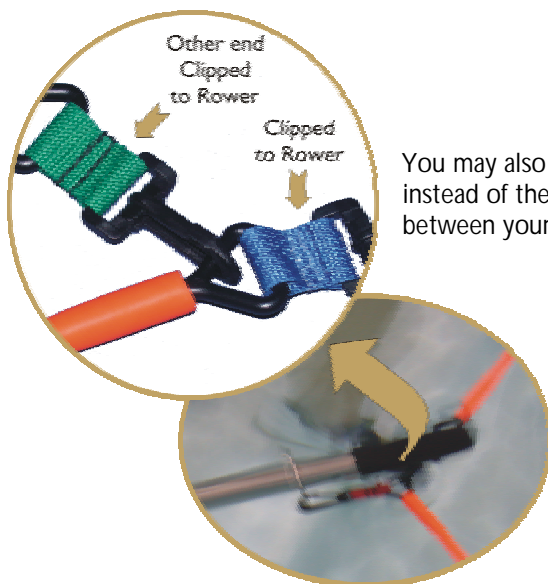
③ in the 1-2-3 picture.



You must make sure the Tensor Cord snap-hooks are properly connected and the rower ring and the Butterfly Top ring are completely "inside" the snap-hook. If not properly installed, the tension on the cords during exercise could cause them to release and become a safety hazard.

③

Finally, take another shorter Tensor Cord, such as a Blue one, and attach it between the rowers by snapping one end of the Tensor Cord to a ring on each rower.



You may also install it by snapping the clip into the Tensor Cord clip instead of the rower's ring. This will provide additional distance between your hands and the Tensor Cord.



Warning

Adding the Tensor Cord between the rowers is necessary to maintain control of the rowers. Without this Tensor Cord, the rowers will swing back toward the walls and cause injury or damage – depending on the amount of resistance being used during your exercises.



Note

The use of the Tensor Cord between the rowers not only adds additional resistance for your exercise program, it also helps you keep your rower positioned.



Feature

The rowers are designed with four separate connection rings to allow you to attach multiple Tensor Cords in various combinations to facilitate a wide range of exercise requirements.

## HydroSport™

Extra Tensor Cords, in various lengths, can also be added to provide a wide range of “work/rest” or “work/work” resistance depending on your exercise requirements. There are a variety of OptiMount™ locations where you can install additional Butterfly Tops for Tensor Cord use during rowing exercises.



Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.



Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.



Do not let children play with the Tensor Cords. They could choke if chewed and swallowed. Additionally, the tension in the cords could cause injury if stretched and improperly released.



You must make sure the Tensor Cord snap-hooks are properly connected to the rower ring(s) and the Butterfly Top ring(s). This means the rings must be completely “inside” the snap-hook. If not properly installed, the tension on the cords during exercise could cause them to release and become a safety hazard.



Do not allow your Tensor Cords to remain in direct sunlight for extended periods of time. Exposure to direct sunlight for extended periods of time can cause the Tensor Cords to deteriorate. Deteriorated, or damaged, Tensor Cords could break and cause injury if the break should occur during use.



Be sure to examine your Tensor Cords for damage or deterioration prior to each use.

Do not use damaged or deteriorated Tensor Cords.

## Rowing for the First Time

### Safety Cautions

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Before you start rowing, as with any other activity involving strenuous exercise, you should consult with your doctor to make sure this activity is safe for you.

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**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

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Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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Double-check the **HydroSport™** Rower to make sure it is still screwed into the mount securely and that it remains loose enough to “self-align” during use.

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When connecting **HydroSport™** Tensor Cords to a Butterfly Top or **HydroSport™** Rower, be sure the snaps are completely closed over the rings.

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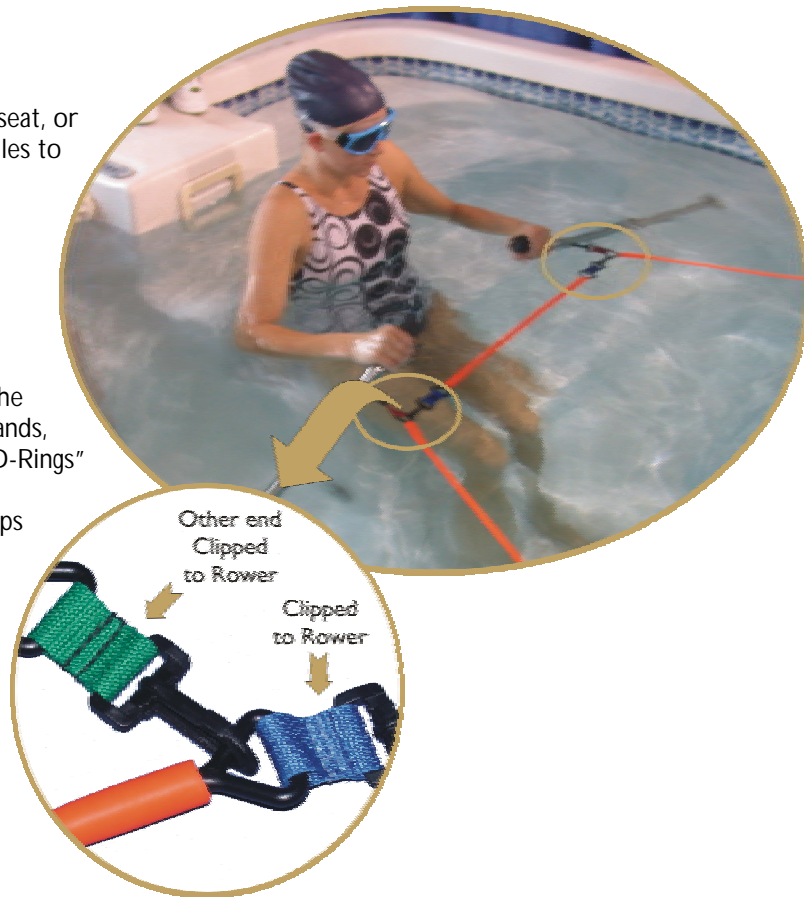
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## Using the Rower

Once the **HydroSport™** Rowing System has been properly installed, you are ready to start using your new rowing system.

Sit comfortably in the rowing seat, or step, and grab the rower handles to begin your rowing exercises.

If the Tensor Cord between the rowers is too close to your hands, you can reconnect it to the "D-Rings" on the Tensor Cords that are connected to the Butterfly Tops on the Aquatic Fitness System side – as is shown in this picture.



Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.



Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.



Adding a pair of **HydroSport™** Speedo® AquaFit Trainer shoes can enhance your exercise program by providing your feet with a better grip on the Aquatic Fitness System floor. These water-proof shoes are available in a variety of men's and women's sizes. More information on these shoes is available in the **HydroSport™** *Additional Fitness Gear* section. To get these shoes, contact your dealer or our Virtual Showroom at [www.d1spas.com](http://www.d1spas.com).





## Connecting the HydroSport™ Body Belt

The adjustable **HydroSport™** Body Belt is another exercise tool available for your convenience in creating a “tailored” exercise program.



Simply snap a **HydroSport™** Tensor Cord into one of the two D-Rings on the belt and connect the other end of the Tensor Cord to a Butterfly Top that has been installed into an OptiMount™. Then wrap the belt around your waist, snap the buckle into place, and adjust the belt to fit you comfortably. Do not make it too tight, as it could interfere with your ability for an emergency “quick-release”, or impact on your exercise routine. You may now commence your “aqua-jogging” or “aqua-aerobics” exercise routine.



Do not make the **HydroSport™** belt too tight, as it could interfere with your ability to remove the belt in case of an emergency, or adversely impact on your exercise routine.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.



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Be sure to examine your Tensor Cords for damage or deterioration prior to each use.  
Do not use damaged or deteriorated Tensor Cords.




You may connect additional Tensor Cord(s) to the Belt to increase resistance.

## Connecting the HydroSport™ Ankle/Wrist Cuffs


The adjustable **HydroSport™** Ankle/Wrist Cuffs are another exercise tool available for your convenience in creating a “tailored” exercise program.

Simply wrap the cuff around your wrist or ankle and adjust the cuff to fit you comfortably.

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 Ensure you can rapidly release the cuff in the event you become fatigued, injured, or if you encounter some other emergency.

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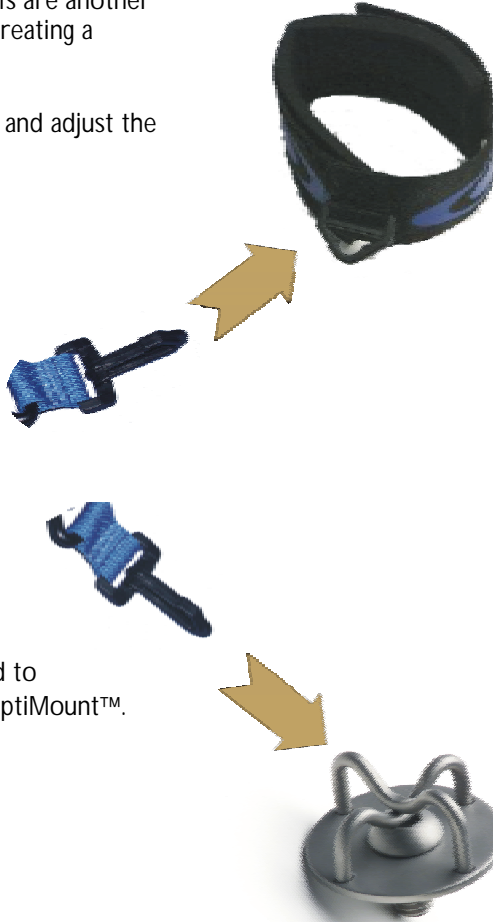
 Be sure it fits firmly. If the cuff comes loose during your exercise, you or your partner could be injured.

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Next snap a **HydroSport™** Tensor Cord into the D-Rings on the cuff.

Then connect the other end of the Tensor Cord to a Butterfly Top that has been installed into an OptiMount™.


You may now commence your exercise routine.




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 Do not make the cuff too tight, as it could interfere with your ability for an emergency “quick-release”, or adversely impact on your exercise routine.

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 **Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

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 Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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## HydroSport™



Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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Do not allow your Tensor Cords to remain in direct sunlight for extended periods of time. Exposure to direct sunlight for extended periods of time can cause the Tensor Cords to deteriorate. Deteriorated, or damaged, Tensor Cords could break and cause injury if the break should occur during use.

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Be sure to examine your Tensor Cords for damage or deterioration prior to each use.

Do not use damaged or deteriorated Tensor Cords.

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You may connect additional Tensor Cord(s) to increase resistance.

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## Connecting the HydroSport™ "D" Handles

The **HydroSport™ "D" Handles** are another exercise tool available for your convenience in creating a "tailored" exercise program.

Simply snap a **HydroSport™ Tensor Cord** into the D-Ring on a "D" Handle.

Then connect the other end of the Tensor Cord to a Butterfly Top that has been installed into an **OptiMount™**.

Finally, pick up the "D" Handle to commence your exercise routine.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in "water" the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.



Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.



Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.



You may connect additional Tensor Cord(s) to the "D" Handles to increase resistance.

## Connecting the HydroSport™ Bar Straps

The **HydroSport™** Bar Straps are another important exercise tool available for your convenience in creating a “tailored” exercise program.

If you want to connect the Body Belt or the “D” Handles when all of the OptiMounts™ are in use, the Bar Straps can be used to connect them to an exercise bar. Simply wrap the Bar Strap around the bar as shown, and pull it snug. Then snap a **HydroSport™** Tensor Cord into a D-Ring on on the Body Belt or the “D” Handle and connect the other end of the Tensor Cord to the Bar Strap that has been installed around an exercise bar.



Wrap the Bar Strap around the bar, then loop it back through the opening in the handle and pull it tight.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.



Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.



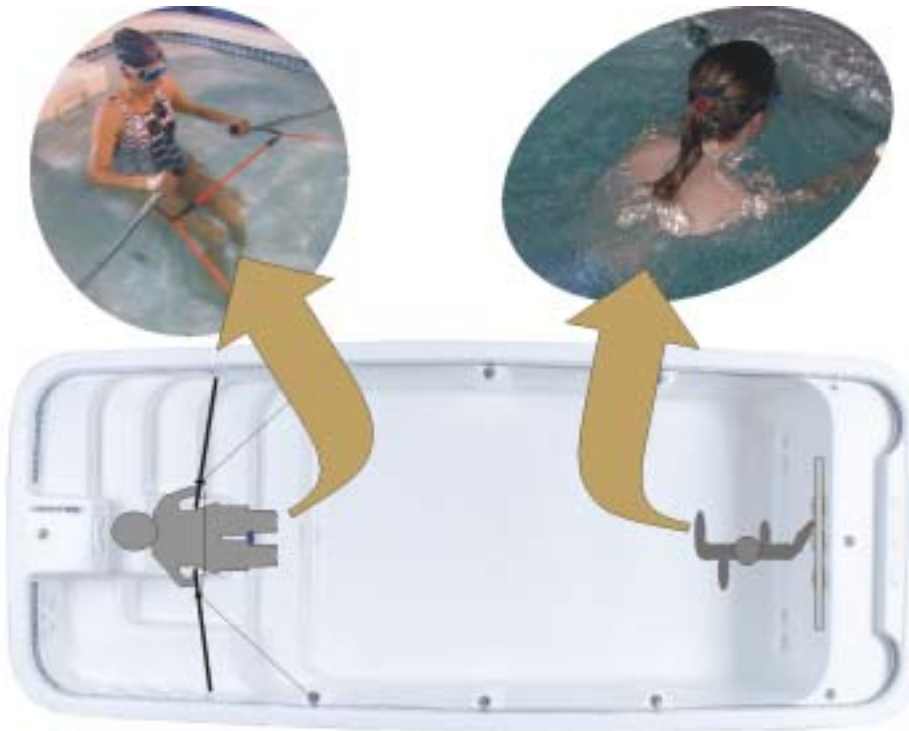
Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.



You may connect additional Tensor Cord(s) to increase resistance.

## Multiple User Operation

The AquaFit™ and AquaPro™ Aquatic Fitness Systems are designed for multiple user aquatic exercise programs. You can exercise with a buddy – for example, one of you can row while the other one swims, uses the spa, or one of the other pieces of optional **HydroSport™** Aquatic Fitness Gear.



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In the AquaPro™ above, one person is rowing while another is using the Swim-Kick Bar. If the **HydroSport™** HydroTherapy Bars, or other optional equipment are installed, group exercises become possible by using rotational training stations.



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.

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HydroSport™

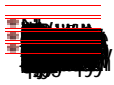


## Exercise Bars



HydroSport™





HydroSport™

# HydroSport™ Exercise Bars

## Important Safety Instructions



## Parts List

### HydroSport™ Exercise Bars Package List

*AquaFit™ Dual Temp, AquaPro™, and AquaFit™ (Serial # 96596 and later)*

Name	Part #	Qty
<i>HydroSport Exercise Bars:</i>		
42" Straight Exercise Therapy Bar	01512-3008	2
30 Degree Bent Exercise Therapy Bar	01512-3009	2
45 Degree Bent Exercise Therapy Bar	01512-3010	2
OptiMount™ Butterfly Top	01512-3004	8

*AquaFit™ (Serial # 96595 and earlier)*

Name	Part #	Qty
<i>HydroSport Exercise Bars:</i>		
28" Straight Exercise Therapy Bar	01512-3049	2

### Optional HydroSport™ Aquatic Fitness Gear

- HydroSport™ Rowing System
- HydroSport™ Aquatic Fitness Bar

## Installing the Exercise Bars

### Exercise Locations

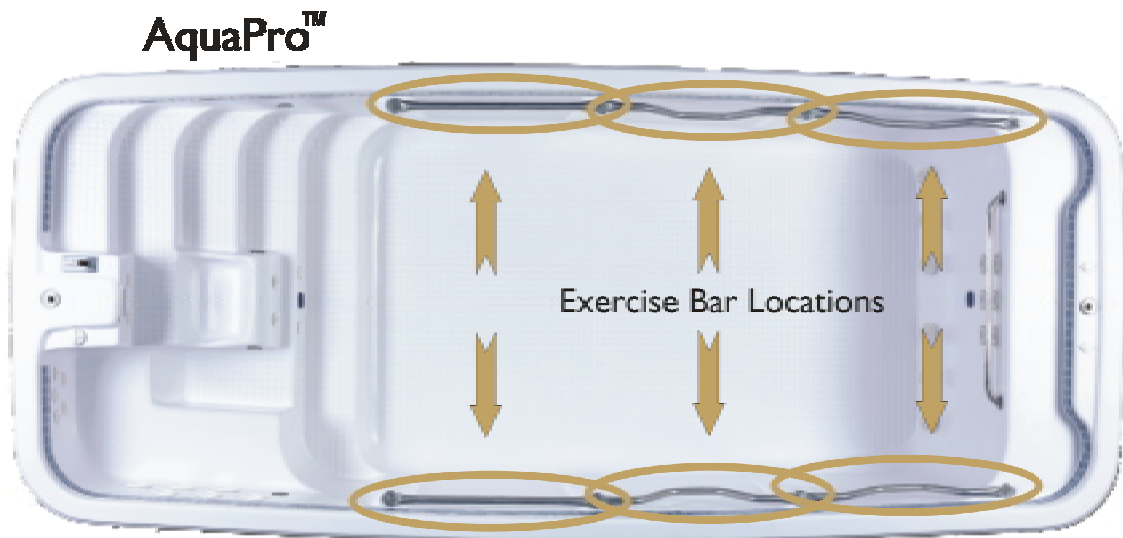
The **Aquatic Fitness System** is designed with multiple OptiMount™ locations to accommodate the rapid installation of **HydroSport™** equipment in a variety of locations and in various combinations.



Be sure to remove the plug from the OptiMount™ before trying to install any equipment.

### AquaPro™ Exercise Bar Installation Locations

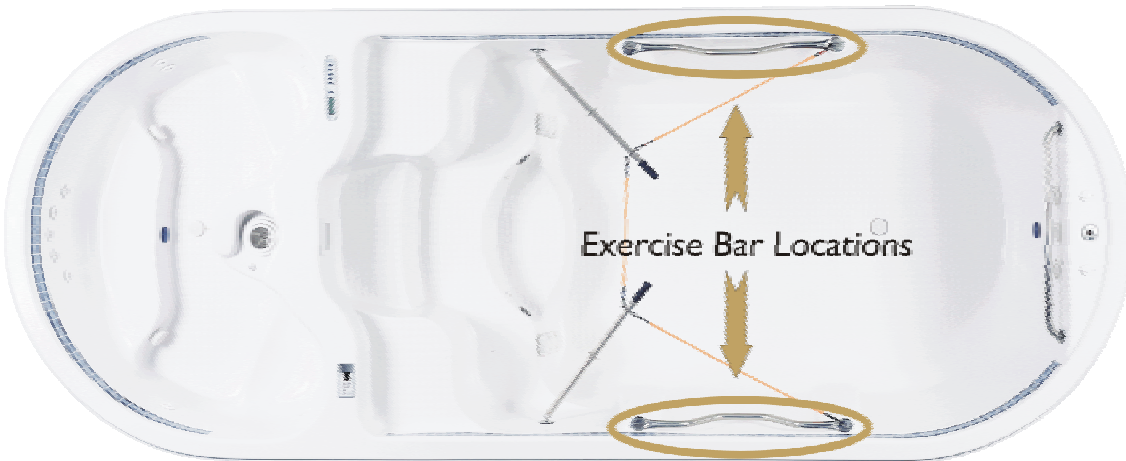
The AquaPro™ is equipped with a total of 8 mounts that may be used for installing the 6 *HydroSport™* Exercise Bars. A sample installation is shown below.



### AquaFit™ DualTemp Exercise Bar Installation Locations

The AquaFit™ DualTemp is equipped with a total of 4 mounts that may be used for installing any 2 of the 6 *HydroSport™* Exercise Bars. A sample installation is shown below.

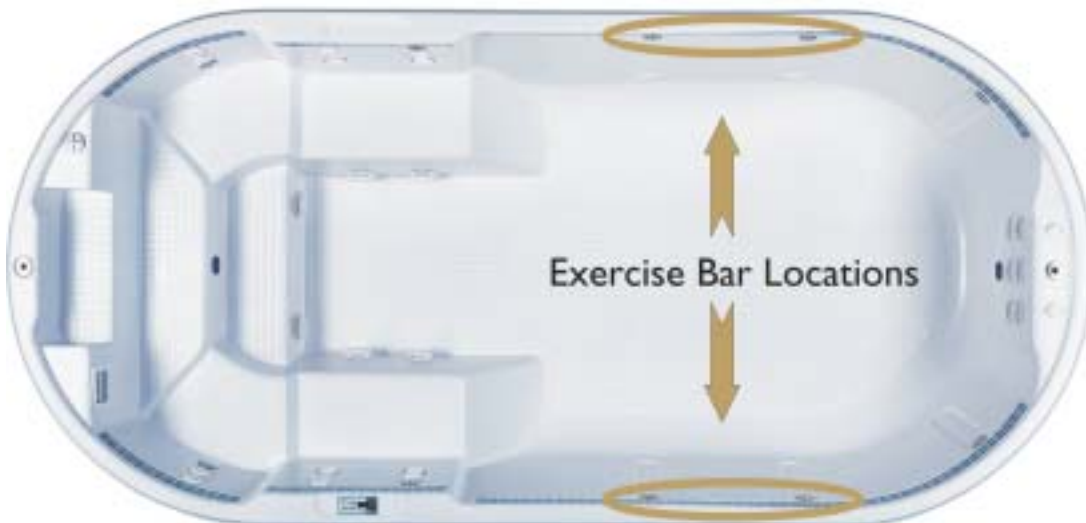
## AquaFit™ DualTemp



### AquaFit™ Exercise Bar Installation Locations

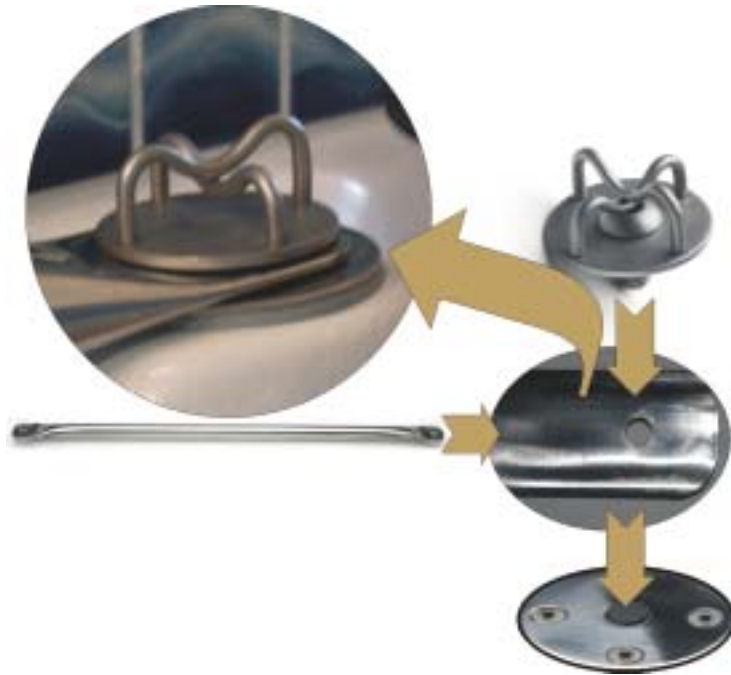
The AquaFit™ is equipped with a total of 4 mounts that may be used for installing the special 28" custom designed *HydroSport™* Exercise Bars. The sample installation below shows the 2 OptiMounts™ on each side that are identified for use with the Exercise Bars. Additional OptiMounts™ are also installed on each side to provide different exercise stations for use with other pieces of the *HydroSport™* Aquatic Exercise Gear, such as the "D-Handles" which are connected using Butterfly Tops and Tensor Cords.

## AquaFit™



## Connecting the Exercise Bars

The Exercise Bars are connected to the **Aquatic Fitness System** OptiMounts™ using Butterfly Tops. Simply push the Butterfly Top screw through the slot in the end of the bar and then screw it into the hole in the OptiMount™.



Repeat this process for the other end of the bar.

If two Exercise Bars are to be connected to the same OptiMount™, simply line up the holes on the bars before inserting the Butterfly Top through both holes and connecting it to the OptiMount™.

## Additional Information

All the benefits of a health club, plus a personal masseuse.

Hydrotherapy has been used for thousands of years to restore the body's inner biochemistry to a healthy equilibrium. Doctors recognize its capacity in controlling chronic diseases like high blood pressure, arthritis and diabetes, as well as some sleep disorders.

The high volume, adjustable jets in your **Aquatic Fitness System** will stimulate and invigorate your circulation, rushing oxygen and nutrients to your aching muscles. The process will relax your body, release tension in your muscles and decrease your blood pressure.

HydroSport™



# Aquatic Fitness Bar



DIMENSION ONE SPAS®  
AQUATIC FITNESS SYSTEMS

HydroSport™



## HydroSport™ Aquatic Fitness Bar

### Important Safety Instructions



**Never exercise alone.** Always have someone close by in case of fatigue, accident or injury. When you are exercising, or simply relaxing, in “water” the risks of injury while being alone are increased. If you become incapacitated for any reason, and do not have someone available to help, you could drown.



Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.



Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.



Ease into the water – **DO NOT DIVE, JUMP, OR PUSH OFF WALL WITH FORCE.** Diving, jumping, or pushing off the wall of an **Aquatic Fitness System** may result in permanent injury or death.



Do not allow your Tensor Cords to remain in direct sunlight for extended periods of time. Exposure to direct sunlight for extended periods of time can cause the Tensor Cords to deteriorate. Deteriorated, or damaged, Tensor Cords could break and cause injury if the break should occur during use.



Be sure to examine your Tensor Cords for damage or deterioration prior to each use.

Do not use damaged or deteriorated Tensor Cords.

## Parts List

### *HydroSport™ Aquatic Fitness Bar Package List*

Name	Part #	Qty
HydroSport Aquatic Fitness Bar:	01512-3083	
HydroSport Aquatic Fitness Bar	01512-3019	1
HydroSport 12" Tensor Cords	01512-3012	2
OptiMount Butterfly Top	01512-3004	2

### *Optional HydroSport™ Aquatic Fitness Gear*

- HydroSport™ Rowing System
- HydroSport™ Exercise Bars

## Installing the Aquatic Fitness Bar

### Exercise Locations

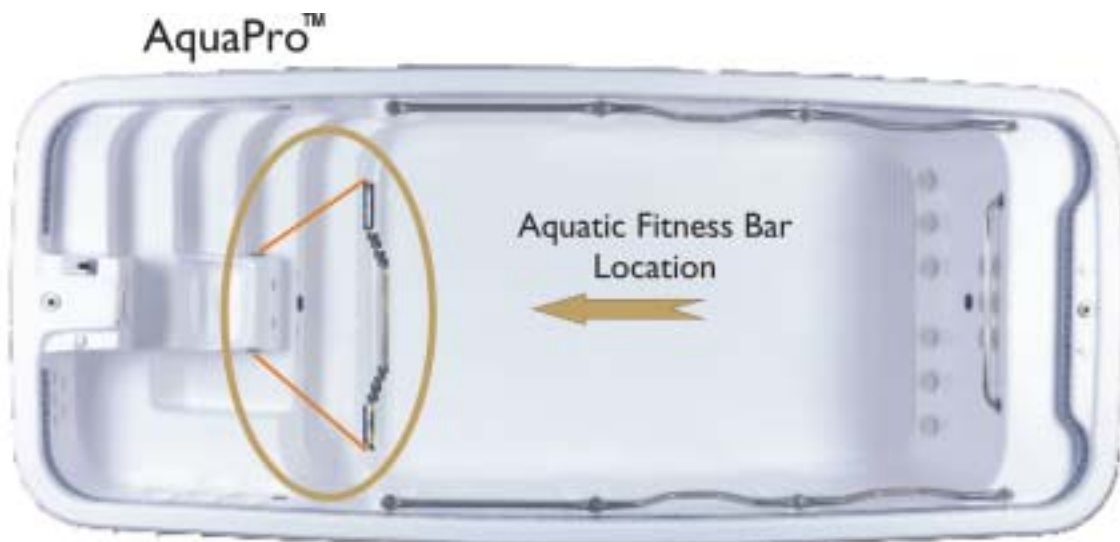
The **Aquatic Fitness System** is designed with multiple OptiMount™ locations to accommodate the rapid installation of **HydroSport™** equipment in a variety of locations and in various combinations.



Be sure to remove the plug from the OptiMount™ before trying to install any equipment.

### AquaPro™ Aquatic Fitness Bar Installation Locations

The AquaPro™ is equipped with a total of 12 OptiMounts™ that may be used for installing the **HydroSport™** Aquatic Fitness Bar. The sample installation shown below is the recommended location, however, because of the flexibility of the Tensor Cords, any two adjacent OptiMounts™ may be used. Additional OptiMounts™ are also installed on each side to provide different exercise stations for use with other pieces of the **HydroSport™** Aquatic Exercise Gear, such as the “D-Handles,” which are also connected using Butterfly Tops and Tensor Cords.



### AquaFit™ Dual Temp Aquatic Fitness Bar Installation Locations

The AquaFit™ Dual Temp is equipped with a total of 8 OptiMounts™ that may be used for installing the *HydroSport™* Aquatic Fitness Bar. The sample installation shown below is the recommended location, however, because of the flexibility of the Tensor Cords, any two adjacent OptiMounts™ may be used. Additional OptiMounts™ are also installed on each side to provide different exercise stations for use with other pieces of the *HydroSport™* Aquatic Exercise Gear, such as the “D-Handles,” which are also connected using Butterfly Tops and Tensor Cords.

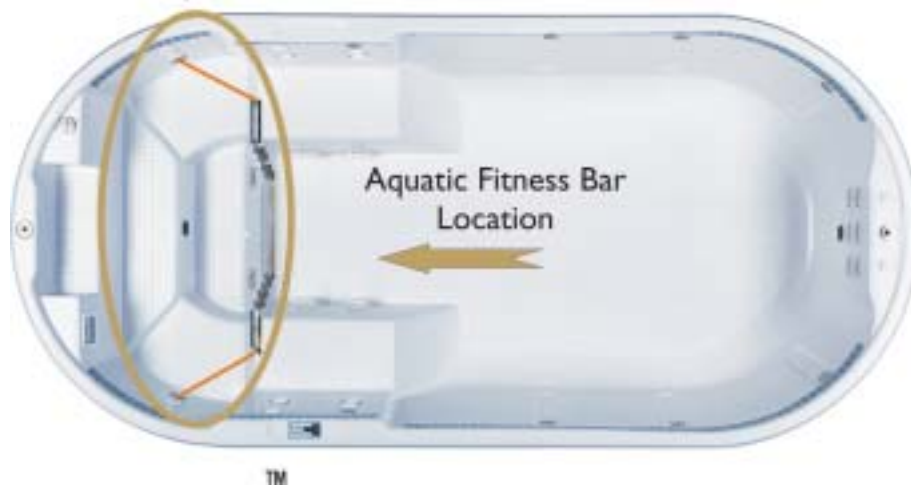
AquaFit™ DualTemp



### AquaFit™ Aquatic Fitness Bar Installation Locations

The AquaFit™ is equipped with a total of 10 OptiMounts™ that may be used for installing the *HydroSport™* Aquatic Fitness Bar. The sample installation shown below is the recommended location, however, because of the flexibility of the Tensor Cords, any two adjacent OptiMounts™ may be used. Additional OptiMounts™ are also installed on each side to provide different exercise stations for use with other pieces of the *HydroSport™* Aquatic Exercise Gear, such as the “D-Handles,” which are also connected using Butterfly Tops and Tensor Cords.

AquaFit™



## Connecting the Aquatic Fitness Bar

The Aquatic Fitness Bar is connected to the **Aquatic Fitness System** OptiMounts™ using Butterfly Tops. Simply screw the Butterfly Top into the hole in the OptiMount™.



Then snap one end of the Tensor Cord to the Butterfly Top.



The remaining end of the Tensor Cord is snapped to one end of the Aquatic Fitness Bar.



Repeat this process for the other end of the bar.



## HydroSport™

The Aquatic Fitness Bar can easily be connected to the same OptiMount™ as another piece of **HydroSport™** Aquatic Fitness Gear.

The OptiMounts™ are designed to accommodate multiple pieces of gear, whether adjacent Exercise Bars, multiple Tensor Cords, or both.



### Additional Information

All the benefits of a health club, plus a personal masseuse.

Hydrotherapy has been used for thousands of years to restore the body's inner biochemistry to a healthy equilibrium. Doctors recognize its capacity in controlling chronic diseases like high blood pressure, arthritis and diabetes, as well as some sleep disorders.

The high volume, adjustable jets in your **Aquatic Fitness System** will stimulate and invigorate your circulation, rushing oxygen and nutrients to your aching muscles. The process will relax your body, release tension in your muscles and decrease your blood pressure.

HydroSport™



# Additional Exercise Gear



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AQUATIC FITNESS SYSTEMS

HydroSport™



## HydroSport™ Additional Fitness Gear

### Important Safety Instructions



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Do **NOT** change your approved exercise routine without first consulting with your physician. Your physician should approve any exercise program you use. Likewise, any modifications to the program should also be approved **before** you implement the changes.

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Always wear shatterproof safety glasses whenever using **HydroSport™** equipment or other stretch-band type of equipment. Failure to use proper eyewear may result in serious injury or loss of sight.

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Ease into the water – **DO NOT DIVE, JUMP, OR PUSH OFF WALL WITH FORCE.** Diving, jumping, or pushing off the wall of an **Aquatic Fitness System** may result in permanent injury or death.

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### Enhance Your Exercise Routines and Your Enjoyment

This section provides a brief glimpse of the variety of additional **HydroSport™** Aquatic Fitness Gear that is available from your dealer or from our Virtual Showroom at <http://www.d1spas.com>. This section is not intended to be a complete list of available items, but rather an insight into the wide range of products available to enhance your exercise dynamics or add to your enjoyment. Dimension One Spas Inc. reserves the right to change the list of items at any time.




**Aqua Fitness Accessories**

	<p><b>Aqua Fitness Belt</b></p> <p>Adjustable soft belt with soft foam pieces that provide vertical balance during aquatic fitness activities.</p>	<p>01512-3060</p>
	<p><b>Aqua Fitness Barbells (Set of 2)</b></p> <p>Travel easy, lightweight foam bells provide maximum resistance during aquatic fitness activities.</p>	<p>01512-3066</p>
	<p><b>Pull Buoy II</b></p> <p>Foam leg floats designed for swimmers of all ages. The unique curvature provides a comfortable fit with no need for adjustment.</p>	<p>01512-3063</p>
	<p><b>Training Paddle (Set of 2)</b></p> <p>Large hand paddle, used to improve stroke technique while building strength.  <i>Large Training Paddle (Yellow-Set of 2)</i>  <i>Medium Training Paddle (Red-Set of 2)</i>  <i>Small Training Paddle (Blue-Set of 2)</i></p>	<p>01512-3064 S, M, L</p>
	<p><b>Aqua Fitness Glove</b> (Pairs Available in Small, Medium, and Large Sizes)</p> <p>Webbed neoprene glove with side zip provide a comfortable upper body workout without overloading shoulder muscles.</p>	<p>01512-3065 S, M, L</p>
	<p><b>Deluxe Training Kickboard</b></p> <p>Lightweight and sturdy kickboard provides for optimum buoyancy for swimmers of all ages.</p>	<p>01512-3067</p>
	<p><b>Rubber Ear Plugs</b></p> <p>Specially designed ear plugs creates a water tight seal.</p>	<p>01512-3068</p>
	<p><b>Competition Nose Clip</b></p> <p>Competition Nose Clip.</p>	<p>01512-3069</p>



**Aqua Sphere Zip Fin (Training Swim Fins)**

	<p><b>Aqua Sphere Zip Fin – (Blue/Black)</b></p> <p>The new U.S Diver's Zip fitness swimming fins use Nature's Wing patented Propeller Fin Technology featuring a split blade, which acts like a propeller surface. The two blades twist independently during each stroke to a precise angle of attack that creates lift and thrust, just like the angled orientation of a boat propeller. The Zip Fin features specially engineered side rails, strategically aligned flex channels, and hydrodynamic stiffening battens within the blade. The Zip Fin virtually eliminates ankle fatigue by reducing turbulence around the blade, which allows for a full-leg workout that can be sustained for longer periods of time for maximum aerobic benefit.</p>	<p>01512-3070 S, M, L</p>
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**Speedo® Goggles – Performance Series:**

	<p><b>Air Seal Revo Blue Mirror Lenses</b> (Available in Grey Frames)</p> <p>New Air Seal gasket provides an extremely comfortable, custom fit. Anti-fog, polycarbonate lens in blue mirror lens.</p>	<p>01512-3040 BL</p>
	<p><b>Air Seal Revo Red Mirror Lenses</b> (Available in Black Frames)</p> <p>New Air Seal gasket provides an extremely comfortable, custom fit. Anti-fog, polycarbonate red mirrored lens.</p>	<p>01512-3040 RD</p>
	<p><b>Women's Vanquisher Pearlized Lenses</b> (Available in Pink and Clear Frames)</p>	<p>01512-3041 PK, CL</p>


**Speedo® Goggles – Sport Series**

	<p><b>Hydrospex Goggle with Clear Frame &amp; Clear Lens</b> (Available in Clear Lenses)</p> <p>Unique one-piece flexible PVC frame design for watertight comfort. Featuring anti-fog lens and split silicone headstrap.</p>	<p>01512-3042</p>
	<p><b>Junior Hydrospex – Ladies and Youth</b> (Available in Clear and Blue Lenses)</p> <p>Smaller version of Hydrospex Goggle with unique one piece flexible PVC frame design for watertight comfort. Featuring anti-fog blue lens and split silicone headstrap.</p>	<p>01512-3043 CL, BL</p>





**Speedo® Goggles – Recreational Series**

	<p><b>Pro-Anti Fog</b> (Available in Tinted Lenses)</p> <p>World-wide best seller. Wide-angle vision. Low drag profile. Multi purpose. Single latex headstrap and smoked lenses.</p>	<p>01512-3044</p>
	<p><b>Sprint II</b> (Available in Clear Lenses)</p> <p>Sprint II goggle features a dual density foam gasket, anti-fog polycarbonate clear lens, adjustable low profile nose piece and single silicone head strap.</p>	<p>01512-3045</p>



**Aqua Sphere® Goggles – Seal Series**

	<p><b>Ironman® Seal Photochromic Lenses</b> (Available in Metallic Blue and Silver Frames)</p> <p>The Photochromic Seal Mask is ideal for outdoor water activities and indoor swimming. It features a special lens that darkens with increasing light intensity for better contrast and visibility. The special lenses offer an external scratch-resistant finish and resist internal fogging. The Seal guarantees maximum eye protection with 100% UVA/UVB protection and a shatterproof lens. The Seal has a hypo-allergenic silicone skirt for a comfortable watertight fit and nearly 180 degrees field of vision.</p>	<p>01512-3046 BL, SL</p>
	<p><b>Seal - Clear Lenses</b> (Available in Clear and Silver-Black Frames)</p> <p>Clear Framed/Clear Lens Classic Seal Goggle is designed to provide great visibility when swimming indoors and in low light level situations. The lightweight Plexisol lenses are designed for 100% UVA/UVB protection, with 180 degrees of visibility. They are shaped for minimal drag and are the ultimate in dryness, comfort and vision. They are virtually leak proof.</p>	<p>01512-3015 CL, BK</p>





## Aqua Sphere® Goggles – Kaiman Series

	<p><b>Kaiman Large - Clear Lenses</b> (Available in Black Frame)</p> <p>The Aqua Sphere Kaiman goggle in Clear lens &amp; black frame has a traditional goggle design in an exceptional competitive goggle design. The Buckle System prevents the strap from slipping and makes it easy to adjust with a single pull. The unique curved lens shape offers 180 degrees of undistorted visibility, and the soft siltex skirt makes a watertight seal every time. The one piece construction means the Kaiman is flexible and durable, and scratch resistant. The lenses offer 100% UVA/UVB protection and resistance to fogging.</p>	01512-3050
	<p><b>Ironman® Kaiman Large - Amber Lenses</b> (Available in Black and Transparent Frames)</p> <p>The Aqua Sphere Ironman Kaiman goggle is the official swim goggle of the Ironman Triathlon. Offered in Amber lens &amp; a black frame, this goggle has a traditional design in an exceptional competitive design. The Buckle System prevents the strap from slipping and makes it easy to adjust with a single pull. The unique curved lens shape offers 180 degrees of undistorted visibility, and the soft siltex skirt makes a watertight seal every time. The one piece construction means the Kaiman is flexible and durable, and scratch resistant. The lenses offer 100% UVA/UVB protection and resistance to fogging.</p>	01512-3051 BK, CL
	<p><b>Kaiman Small - Clear Lenses</b> (Available in Blue Frame)</p> <p>The Aqua Sphere Small Kaiman goggle in clear lens &amp; blue frame frame has a traditional design in an exceptional competitive design. The Buckle System prevents the strap from slipping and makes it easy to adjust with a single pull. The unique curved lens shape offers 180 degrees of undistorted visibility, and the soft siltex skirt makes a watertight seal every time. The one piece construction means the Kaiman is flexible and durable, and scratch resistant. The lenses offer 100% UVA/UVB protection and resistance to fogging.</p>	01512-3052
	<p><b>Ironman® Kaiman Small – Amber Lenses</b> (Available in Cherry and Transparent Frames)</p> <p>The Aqua Sphere Small Ironman Kaiman goggle is the official swim goggle of the Ironman Triathlon. Offered in Amber lens &amp; a Cherry frame, this goggle has a traditional design in an exceptional competitive design. The Buckle System prevents the strap from slipping and makes it easy to adjust with a single pull. The unique curved lens shape offers 180 degrees of undistorted visibility, and the soft siltex skirt makes a watertight seal every time. The one piece construction means the Kaiman is flexible and durable, and scratch resistant. The lenses offer 100% UVA/UVB protection and resistance to fogging.</p>	01512-3053 RD, CL






Swim Caps

	<p><b>Silicone Racer Dome Cap – Performance Series (Black/White/Blue)</b></p> <p>The silicone Racer Dome swimming cap in black fits over the ear for superior protection and creates low drag for the swimmer.</p>	<p>01512-3056 BK, WH, BL</p>
	<p><b>Silicone Cap – Sport Series (Black/Silver)</b></p> <p>The Silicone Swimming Cap in Black is a standard swimming cap with a superior fit.</p>	<p>01512-3057 BK, SL</p>
	<p><b>Bubble Cap – Recreational Series (White)</b></p> <p>Bubble Cap in White with chin strap.</p>	<p>01512-3058 WH</p>


**HydroSport Children Accessories**

	<p><b>Children's Silicone Ear Plugs-Set of 4</b> (Multi-Colors)</p> <p>Set of four multi-colored children's silicone ear plugs.</p>	<p>01512-3071</p>
	<p><b>Translucent Hologram Fun Goggle</b> (Available in Dolphin, Shark and Frog Frames)</p> <p>Children's Translucent Dolphin Hologram Fun Goggle with Clear Lens.</p>	<p>01512-3072 DH, SK, FG</p>
	<p><b>Aqua Sphere Child Goggle – Clear Lenses</b> (Available with Blue Frame)</p> <p>Revolutionary eye protection designed especially for children ages 4-12, as well as smaller face sizes-including adults with slim faces. The Child's Seal's flexible frame and leak proof skirt keeps water out of sensitive young eyes. It is great for swimming , or just below the water surface activities where UV and vision protection are important. The Plexicol lens gives 100% UVA/UVB protection and is scratch &amp; fog resistant. The kid-friendly adjustment buckles allow even the youngest children to easily adjust the strap by themselves. The unique wrap around fit reduces drag and provides 180 degrees field of vision.</p>	<p>01512-3074</p>
	<p><b>Children's Latex Cap</b> (Blue/Hot Pink)</p> <p>Children's Latex Swimming Cap.</p>	<p>01512-3073 BL, PK</p>

**Speedo® Electronics**

	<p><b>Underwater Camera</b></p>	<p>01512-3075</p>
	<p><b>Fitness Stroke Monitor</b></p> <p>The world's first Swim Stroke Monitor. Features include a crisp, clear, back-lit display with water resistance up to 330 feet. Designed to automatically measure all aspects of swimming efficiency, effort and technique.</p>	<p>01512-3076</p>
	<p><b>Competitive 19 Function Heart Rate Monitor</b></p> <p>The 19 function Heart Rate Monitor includes two auto training programs (Fat Burning &amp; Cardio Strenght), two visual and three audible alarms, preset exercise time countdown, three heart rate displays, stopwatch, 12/24 hour clock, 2 target zone displays, LED indicator. The monitor is water resistant.</p>	<p>01512-3077</p>
	<p><b>Surf Runner Radio 2000</b></p> <p>Lightweight, super compact, water-proof radio that delivers high quality FM sound and reception. Perfect for any type of activity, including lap and fitness swimming.</p>	<p>01512-3078</p>
	<p><b>Stop Watch</b></p> <p>Speedo Stop Watch features chronograph 1/100 second resolution. Basic functions include: normal time, date, daily alarm and hourly chime.</p>	<p>01512-3079</p>

**Speedo® Aqua Shoes**

	<p><b>Women's AquaFit Trainer (Grey with Blue)</b>                  Sizes (5-10)</p> <p>The Aqua Fit Trainer comes in various sizes for both men and women. It has a Molded Outsole, EVA mid-sole for shock absorption, removable insole, and breathable quick drying air mesh upper. The Aqua Fit Trainer is perfect for Aquatic Fitness/Outdoor Activities.</p>	<p>01512-3085-                  (5, 6, 7, 8, 9, 10)</p>
	<p><b>Men's AquaFit Trainer (Blue with Black)</b>                  Sizes (7-12)</p> <p>The Aqua Fit Trainer comes in various sizes for both men and women. It has a Molded Outsole, EVA mid-sole for shock absorption, removable insole, and breathable quick drying air mesh upper. The Aqua Fit Trainer is perfect for Aquatic Fitness/Outdoor Activities.</p>	<p>01512-3086-                  (7, 8, 9, 10, 11, 12)</p>







**DIMENSION ONE SPAS™**  
AQUATIC FITNESS SYSTEMS

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